

BODYLIFT™

PROFORM

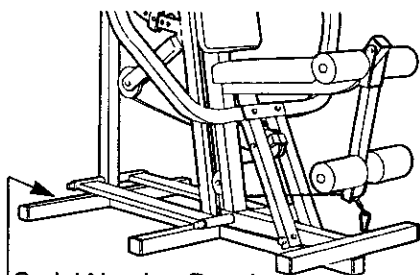
USER'S MANUAL

SEARS®

Model No. 831.159412

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

EXERCISE
EQUIPMENT

QUESTIONS

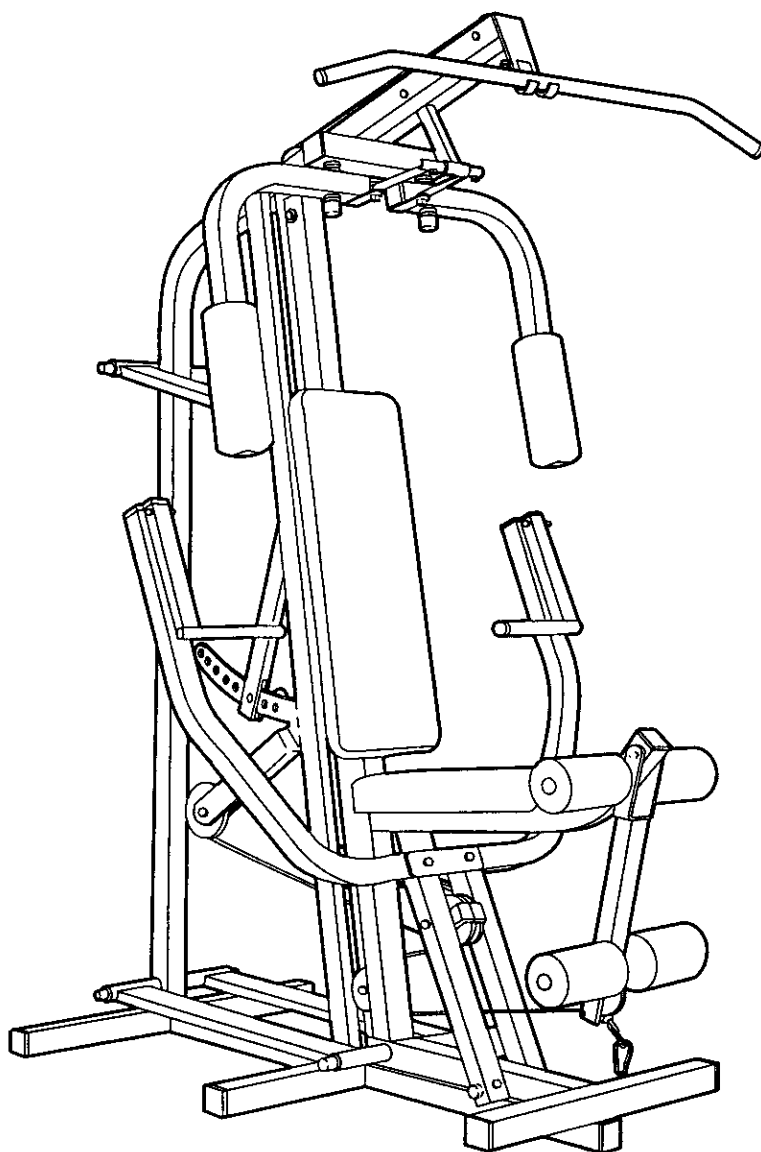
HELPLINE!

1-800-736-6879

CAUTION!

Read all precautions and instructions in this user's manual before using this equipment. Save this user's manual for future reference.

PATENT PENDING



SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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Note: There is a PART IDENTIFICATION CHART and an EXPLODED DRAWING stapled to the center of this user's manual. Remove them before beginning assembly.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the BODYLIFT.

1. Read all instructions in this user's manual and in the accompanying literature before using the BODYLIFT.
2. Use the BODYLIFT only on a level surface. Cover the floor beneath the BODYLIFT for protection.
3. Inspect and tighten all parts each time you use the BODYLIFT. Replace any worn or frayed parts immediately.
4. Keep children away from the BODYLIFT at all times.
5. The BODYLIFT is designed to be used by only one person at a time.
6. Keep hands and feet away from moving parts.
7. Always wear athletic shoes for foot protection when using the BODYLIFT.
8. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on all of the pulleys.
9. Remove the lat bar from the high pulley station when performing any exercise that does not use the lat bar. Remove the lat bar when the BODYLIFT is not in use.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. Never place your feet under the footrest.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® BODYLIFT Body Weight Resistance System. The compact BODYLIFT features an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the BODYLIFT will help you to achieve the specific results you want.

For your benefit, read this user's manual carefully before using the BODYLIFT. If you have additional questions, please call our Customer Service

Department toll-free at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159412. The serial number can be found on a decal attached to the BODYLIFT (see the front cover of this user's manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

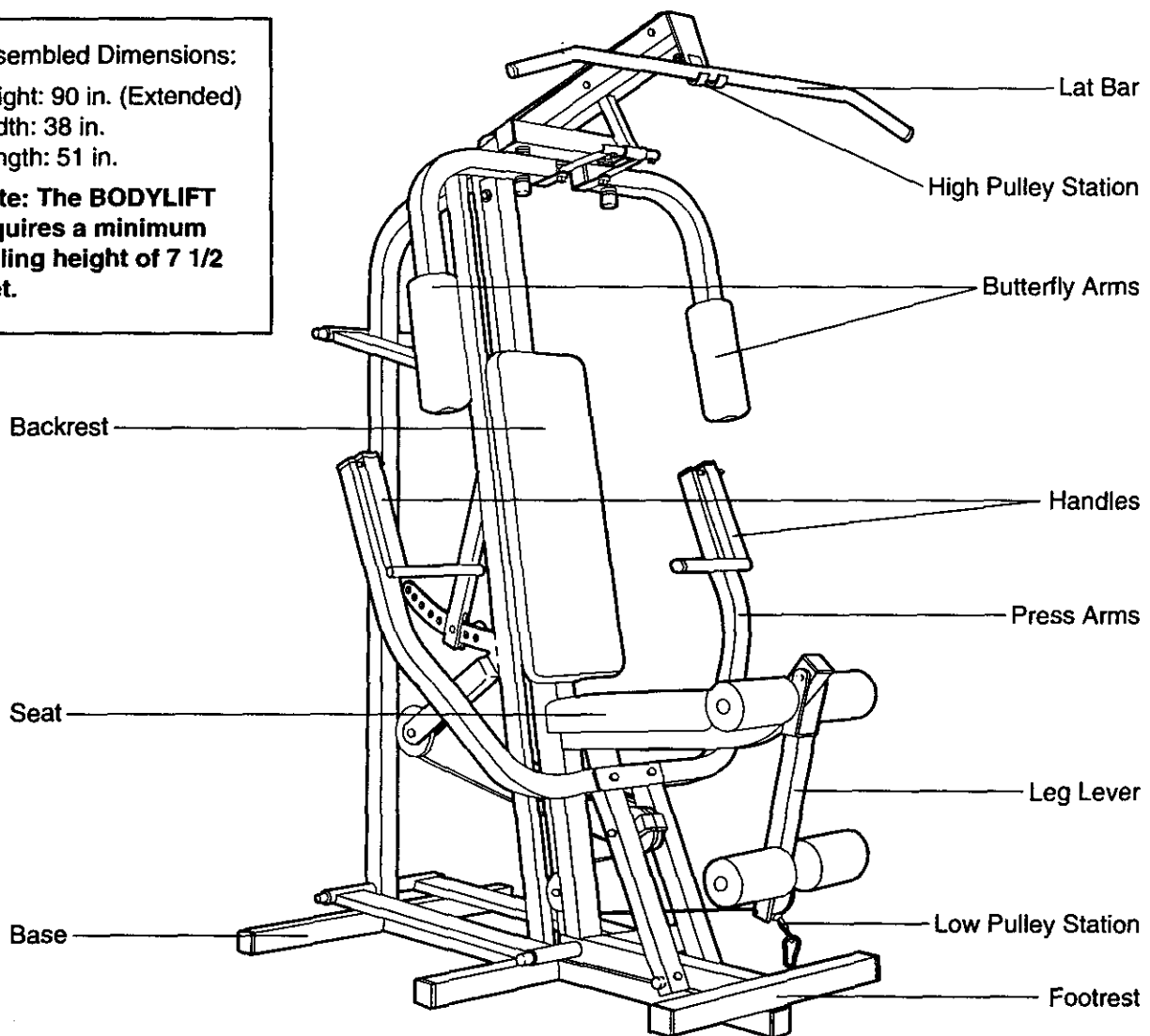
Assembled Dimensions:

Height: 90 in. (Extended)

Width: 38 in.

Length: 51 in.

Note: The BODYLIFT requires a minimum ceiling height of 7 1/2 feet.



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Due to the size of the BODYLIFT, it should be assembled in the location where it will be used.
- Place all parts of the BODYLIFT in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read through each assembly step before you begin.
- For help identifying the small parts used in assembly, remove the **PART IDENTIFICATION CHART** from the center of this user's manual. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.

- As you assemble the BODYLIFT, make sure that all parts are oriented exactly as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

Two (2) adjustable wrenches 

One (1) standard screwdriver 

One (1) phillips screwdriver 

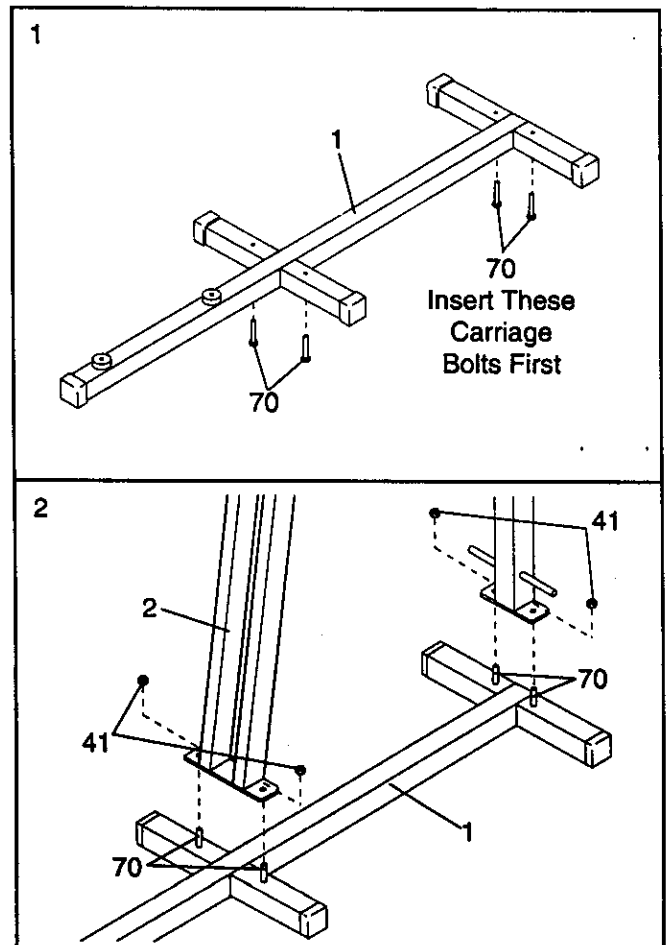
One (1) rubber mallet 

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

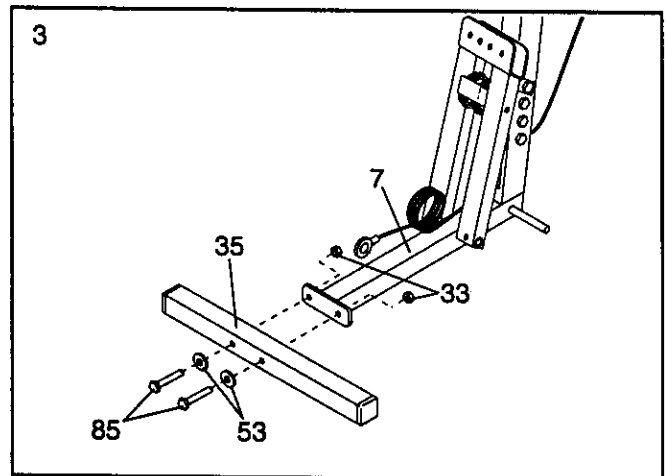
1. **Before you begin, read the information and instructions at the top of this page. Note: The BODYLIFT requires a minimum ceiling height of 7 1/2 feet.**

Insert the four 3/8" x 2 1/2" Carriage Bolts (70) up through the indicated holes in the Base (1).

2. Slide the Rear Upright (2) onto the four 3/8" x 2 1/2" Carriage Bolts (70) in the Base (1). Make sure that the Rear Upright is turned as shown. Tighten a 3/8" Nylon Jam Nut (41) onto each Carriage Bolt.

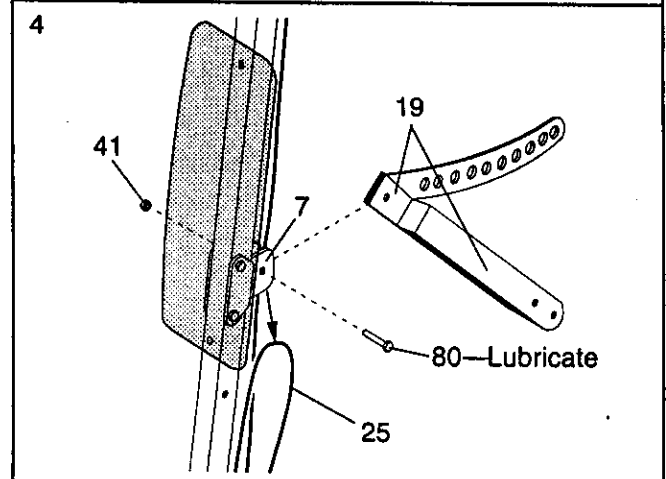


3. Attach the Footrest (35) to the Front Upright (7) with two 3/8" x 2 3/4" Bolts (85), two 3/8" Flat Washers (53), and two 3/8" Nylon Locknuts (33) as shown.



4. Remove the 3/8" x 1 1/2" Carriage Bolt (80) and the 3/8" Nylon Jam Nut (41) from the indicated brackets on the Front Upright (7). Remove the loop of Cable (25) from the brackets.

Lubricate the 3/8" x 1 1/2" Carriage Bolt (80). Attach the Selector Plate (19) to the brackets on the Front Upright (7) with the Carriage Bolt and the 3/8" Nylon Jam Nut (41).



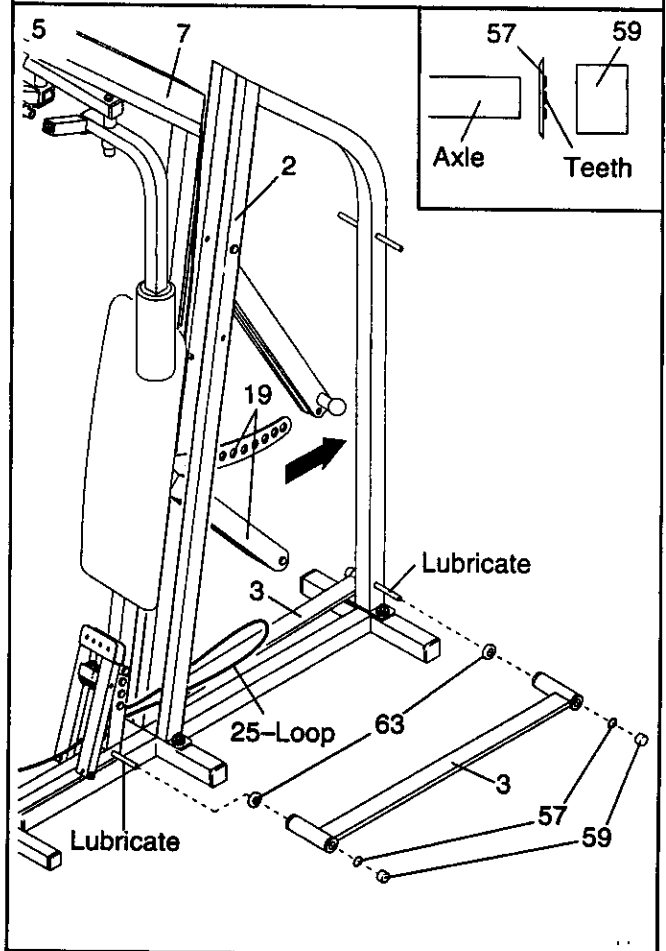
5. With the help of a second person, hold the Front Upright (7) in front of the Rear Upright (2), with the Selector Plate (19) between the sides of the Rear Upright.

Insert the loop of Cable (25) through the sides of the Rear Upright (2).

Slide a Weld Cover (63) onto each of the indicated axles on the Front and Rear Uprights (7, 2). The Weld Covers must be turned so the open sides are facing the Uprights. Lubricate the axles. Slide a Long Riser (3) onto the axles. **The Long Riser must be turned as shown.**

Hold a 3/4" Retainer (57) and a 3/4" Retainer Cap (59) against the end of one of the axles. The teeth on the Retainer must bend toward the Retainer Cap (see the inset drawing). Tap the Retainer and Retainer Cap onto the axle. Tap a 3/4" Retainer (57) and a 3/4" Retainer Cap (59) onto the other axle.

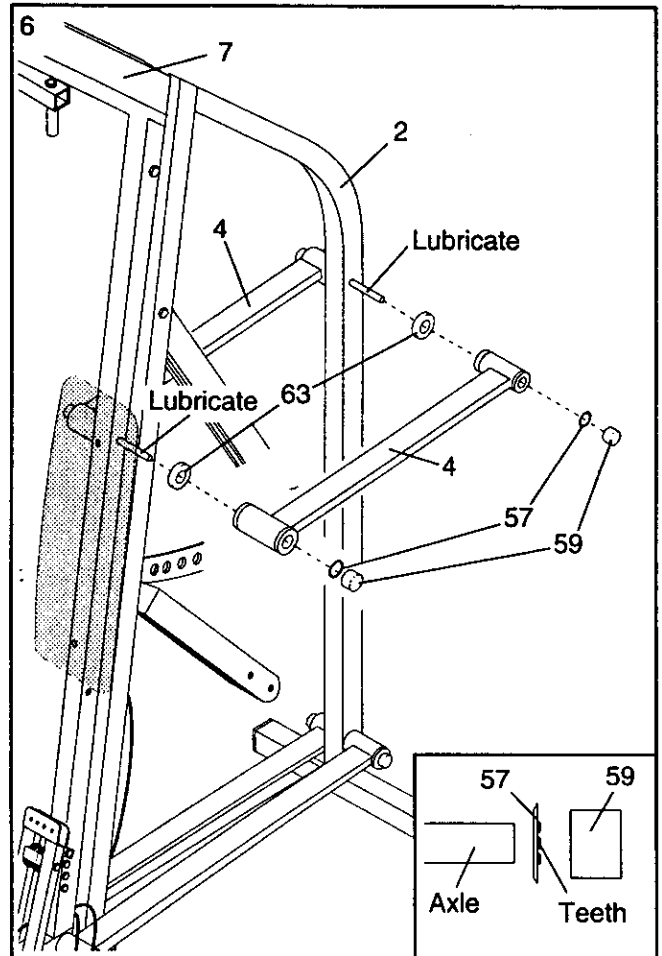
Attach the other Long Riser (3) to the lower axles on the other side of the Front and Rear Uprights (7, 2) in the same manner.



6. Slide a Weld Cover (63) onto each of the indicated axles on the Front and Rear Uprights (7, 2). The Weld Covers must be turned so the open sides are facing the Uprights. Lubricate the axles. Slide a Short Riser (4) onto the axles. The Short Riser must be turned as shown.

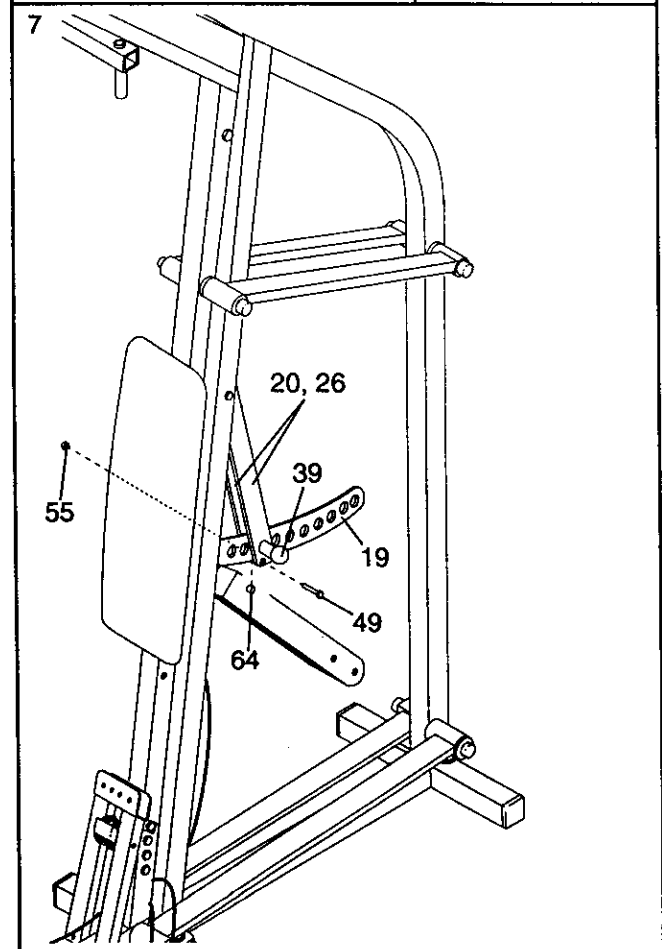
Hold a 3/4" Retainer (57) and a 3/4" Retainer Cap (59) against the end of one of the axles. The teeth on the Retainer must bend toward the Retainer Cap (see the inset drawing). Tap the Retainer and Retainer Cap onto the axle. Tap a 3/4" Retainer (57) and a 3/4" Retainer Cap (59) onto the other axle.

Attach the other Short Riser (4) to the upper axles on the other side of the Front and Rear Uprights (7, 2) in the same manner.



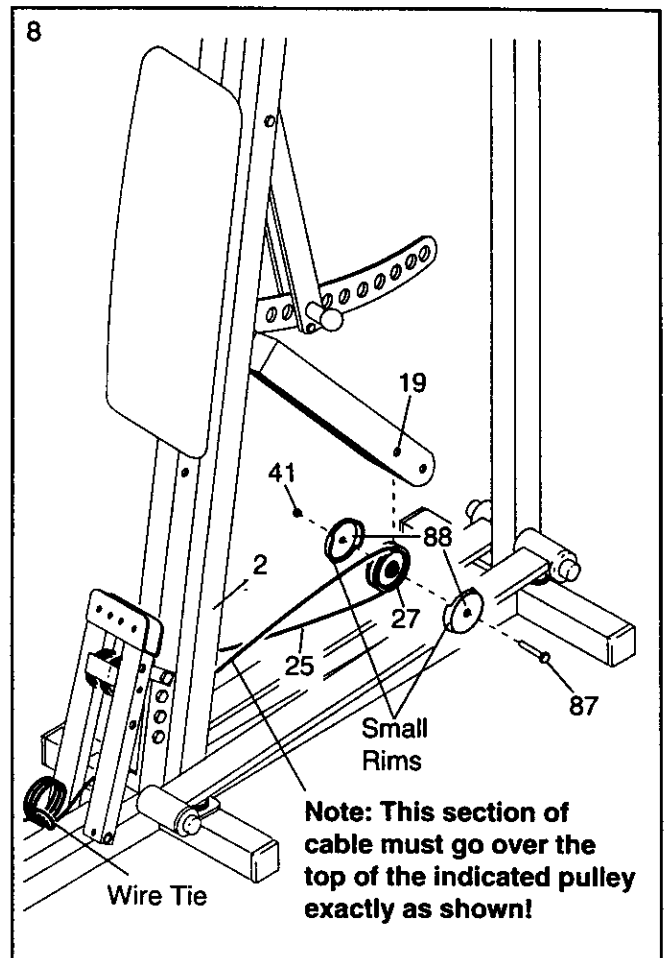
7. Pull back the Knob (39) on the Selector (20, 26). Raise the Selector Plate (19) to the position shown, with the Selector Plate between the sides of the Selector. Release the Knob, making sure that it is engaged in one of the holes in the Selector Plate.

Hold the 3/4" x 1/2" Spacer (64) between the small holes in the lower end of the Selector (20, 26). Attach the Spacer with a 1/4" x 1 1/4" Bolt (49) and a 1/4" Nylon Jam Nut (55).

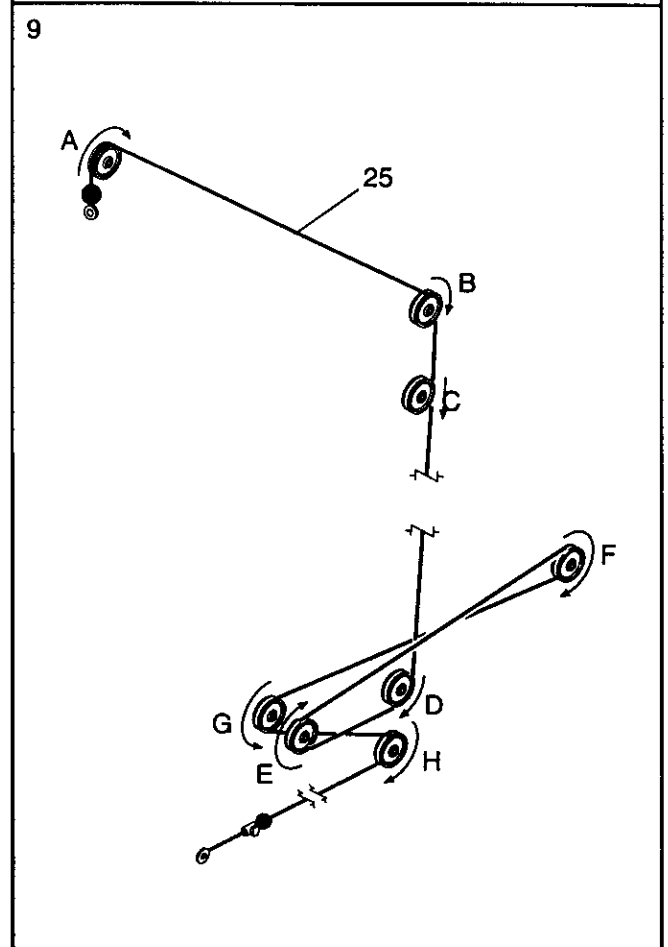


8. Carefully cut the wire tie attached to the Cable (25). Wrap the loop of Cable from steps 4 and 5 around the 3 1/2" Pulley (27) as shown. Hold the Pulley and the Pulley Covers (88) between the indicated holes in the Selector Plate (19). Make sure that the Pulley Covers are turned so the small rims are inside the loop of Cable as shown. **See assembly step 9, and make sure that the Cable is routed exactly as shown.**

Attach the Pulley Covers (88) and the 3 1/2" Pulley (27) to the Selector Plate (19) with the 3/8" x 2" Bolt (87) and a 3/8" Nylon Jam Nut (41).



9. The drawing at the right shows the correct route of the Cable (25). **Make sure that the Cable is routed exactly as shown.** Note: The letters indicate the order in which the Cable is routed around the Pulleys.



10. Pull the Moment Arm (10) forward. Hold the lower end of the Left Press Arm (52) in the upper end of the Moment Arm. The Left Press Arm must be turned so the Handle (12) is on the side shown. Attach the Left Press Arm with two 3/8" x 2 1/2" Bolts (44) and two 3/8" Nylon Locknuts (33). The Bolts must be inserted from the side shown, or the BODYLIFT will not function properly.

Press a Small Bumper (91) onto the underside of the Handle (12).

Assemble the Right Press Arm (11) in the same manner.

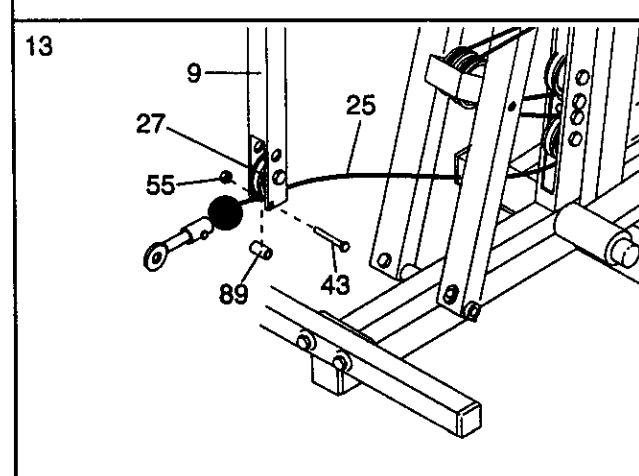
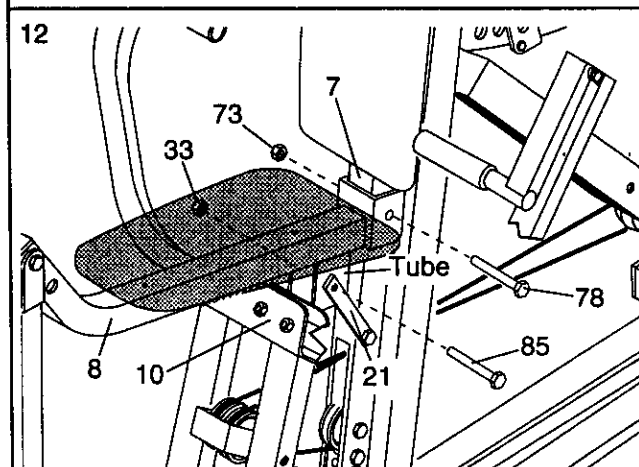
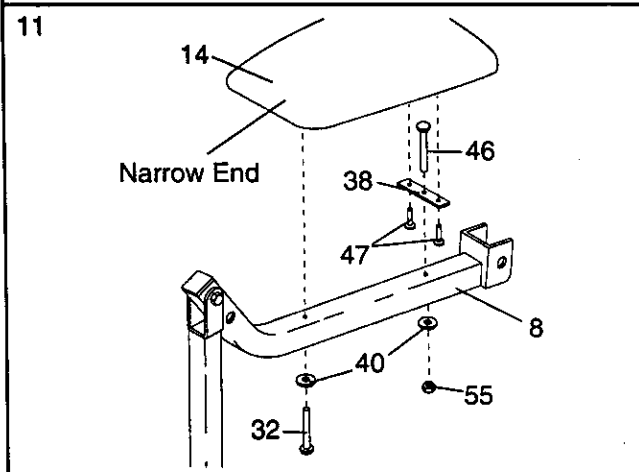
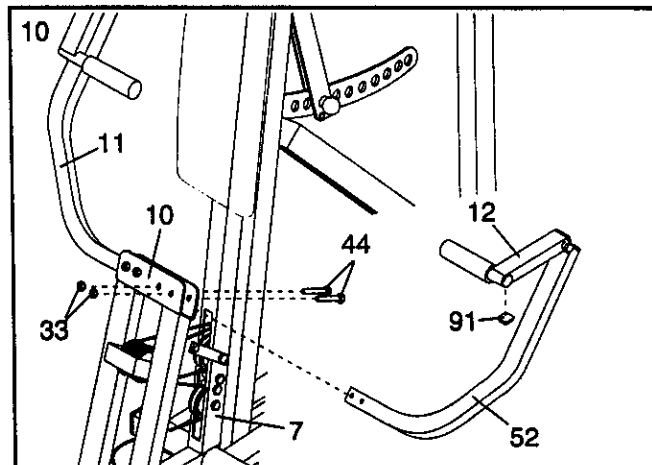
11. Insert the 1/4" x 2 1/2" Carriage Bolt (46) into the Seat Bracket (38). Attach the Seat Bracket to the Seat (14) with the two 1/4 x 3/4" Screws (47).

Insert the 1/4" x 2 1/2" Carriage Bolt (46) into the indicated hole in the Seat Frame (8). The narrow end of the Seat must be facing the curved end of the Seat Frame. Tighten a 1/4" Nylon Jam Nut (55) with a 1/4" Flat Washer (40) onto the Carriage Bolt. Attach the other end of the Seat to the Seat Frame with a 1/4" x 2 1/2" Screw (32) and a 1/4" Flat Washer (40).

12. Attach the Seat Frame (8) to the Front Upright (7) with the 5/16" x 2 3/4" Bolt (78) and a 5/16" Nylon Locknut (73). The Moment Arm (10) must be in front of the indicated tube on the Seat Frame.

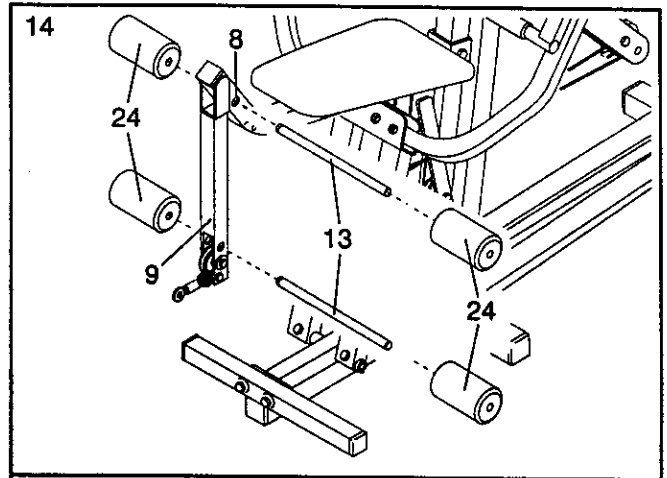
Attach the Seat Braces (21) to the Seat Frame (8) with a 3/8" x 2 3/4" Bolt (85) and a 3/8" Nylon Locknut (33). Tighten the Nylon Locknuts on both ends of the Seat Braces.

13. Hold the Cable (25) under the indicated 3 1/2" Pulley (27). Hold the 1/2" x 1" Sleeve (89) between the small holes in the lower end of the Leg Lever (9). Attach the Sleeve with the 1/4" x 1 3/4" Bolt (43) and a 1/4" Nylon Jam Nut (55). The Cable must be between the Pulley and the Sleeve.



14. Insert one Pad Tube (13) into the Seat Frame (8).
Insert the other Pad Tube into the Leg Lever (9).

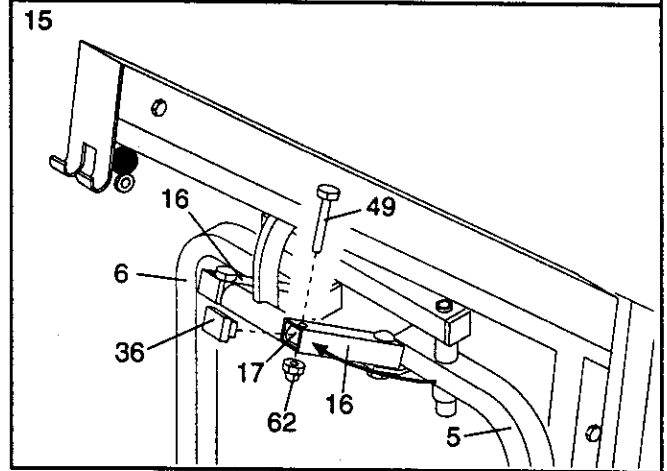
Slide two 6" Pads (24) onto each Pad Tube (13).



15. Pivot the Link Tube (16) on the Left Arm (5) onto the end of the Link Tube Axle (17). Attach the Link Tube to the Link Tube Axle with a 1/4" x 1 1/4" Bolt (49) and a 1/4" Acorn Nut (62).

Tap a 1" x 1" Inner Cap (36) into the Link Tube (16).

Attach the Link Tube (16) on the Right Arm (6) to the Link Tube Axle (17) in the same manner.



16. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in USING THE BODYLIFT on page 11 of this user's manual.

Before using the BODYLIFT, the cable should be adjusted. See HOW TO TIGHTEN THE CABLE on page 10 of this user's manual. In addition, pull the cable a few times to make sure that it moves smoothly over the pulleys. If the cable does not move smoothly, refer to assembly step 9 on page 7, and correct the problem before using the BODYLIFT.

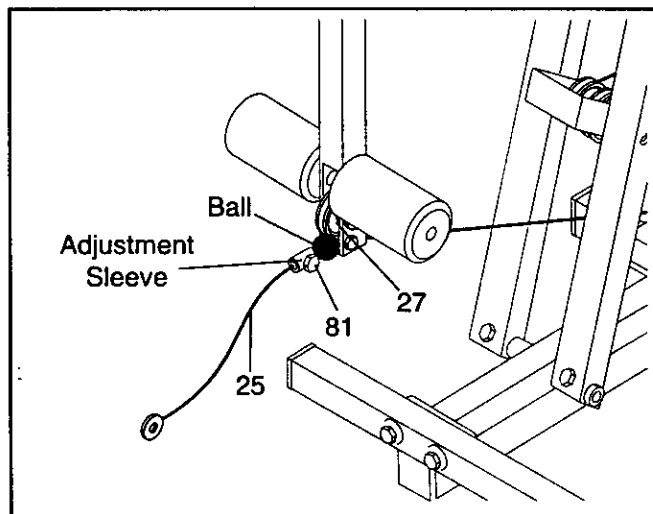
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the BODYLIFT. Replace any worn parts immediately. The BODYLIFT can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

HOW TO TIGHTEN THE CABLE

Woven cable, the type used on the BODYLIFT, can stretch slightly when it is first used. If there is slack in the Cable (25), the Cable should be tightened. First, move the selector to hole position "1" (see HOW TO SELECT A RESISTANCE SETTING on page 11). Next, loosen the Adjustment Screw (81) near the lower end of the Cable. Pull the end of the Cable until there is no slack in the Cable, slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (27), and retighten the Adjustment Screw.

If a replacement Cable (25) is needed, see ORDERING REPLACEMENT PARTS on the back cover of this user's manual.



USING THE BODYLIFT

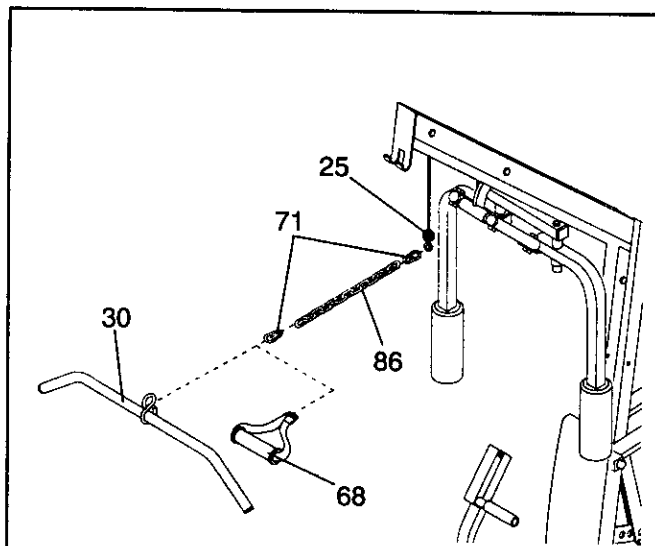
The instructions below describe how each part of the BODYLIFT can be adjusted. Refer to the EXERCISE GUIDE accompanying this user's manual for exercise guidelines, and to see how the BODYLIFT should be set up for each exercise.

IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

HOW TO ATTACH THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (30) to the Cable (25) with a Cable Clip (71). For some exercises, the Chain (86) should be attached between the Lat Bar and the Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

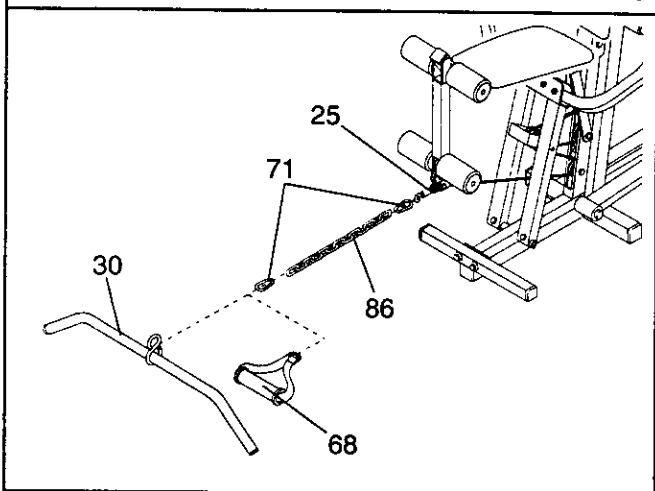
The Nylon Strap (68) can be attached in the same manner.



HOW TO ATTACH THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (30) to the Cable (25) with a Cable Clip (71). For some exercises, the Chain (86) should be attached between the Lat Bar and the Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

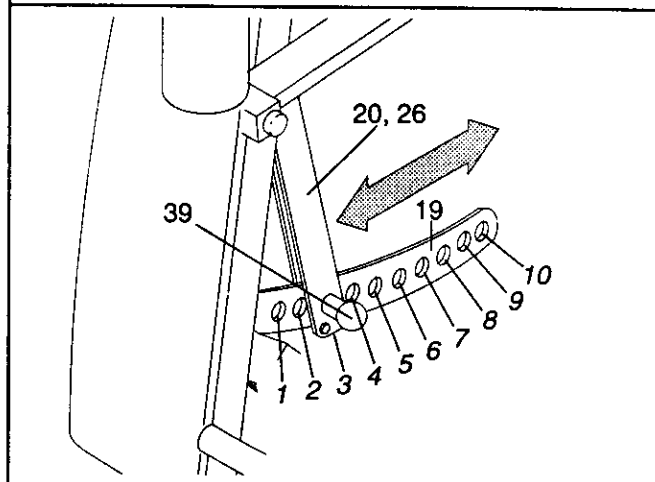
The Nylon Strap (68) can be attached in the same manner.



HOW TO SELECT A RESISTANCE SETTING

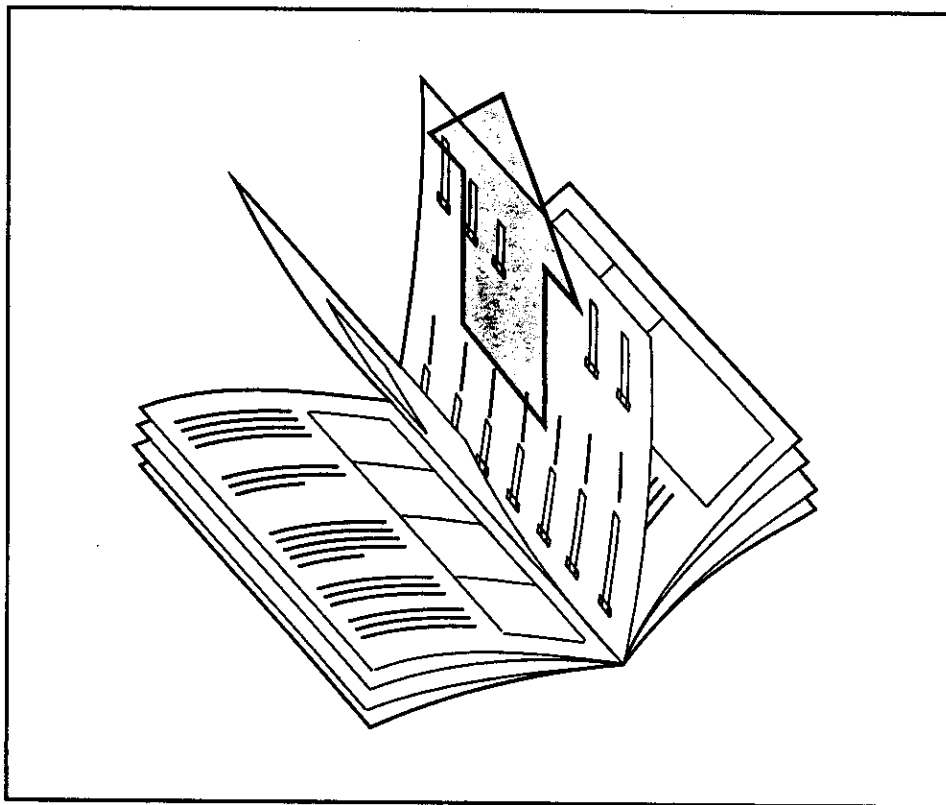
The unique BODYLIFT utilizes its own weight and the weight of the user to provide a wide range of resistance settings. To change the resistance setting, first pull back the Knob (39) on the Selector (20, 26). Align the Selector with one of the ten holes in the Selector Plate (19), and release the Knob. Make sure that the Selector is engaged in one of the holes in the Selector Plate.

To find the resistance settings of the different hole positions, refer to the RESISTANCE CHARTS on pages 4 and 5 of the EXERCISE GUIDE accompanying this user's manual.



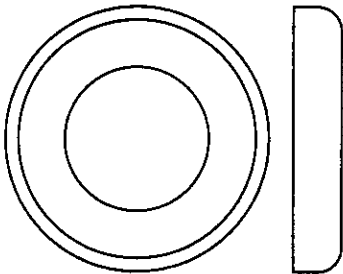
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL!

This chart is provided to help you identify the small parts used in assembly. Remove this chart from the user's manual before beginning assembly.



PART IDENTIFICATION CHART—Model No. 831.159412

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. Note: Some parts may have been pre-assembled for shipping purposes; if you cannot find a part in the parts bag, check the frame to see if it has been pre-assembled.



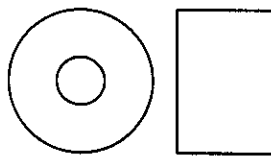
Weld Cover (63)–8



1/2" x 1" Sleeve (89)–1



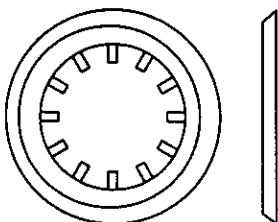
1/4" Acorn Nut (62)–2



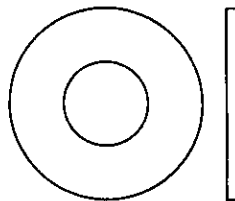
3/4" x 1/2" Spacer (64)–1



1/4" Nylon Jam Nut (55)–3



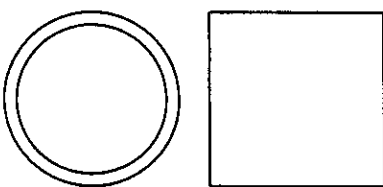
3/4" Retainer (57)–8



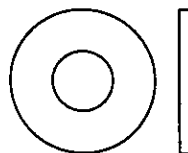
3/8" Flat Washer (53)–2



5/16" Nylon Locknut (73)–1



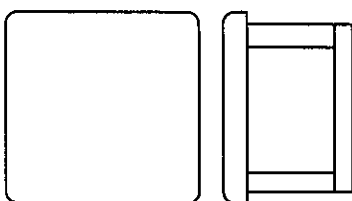
3/4" Retainer Cap (59)–8



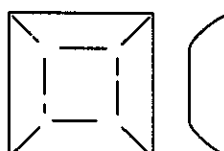
1/4" Flat Washer (40)–2



3/8" Nylon Locknut (33)–7



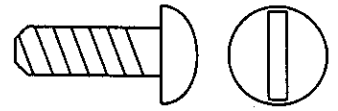
1" x 1" Inner Cap (36)–2



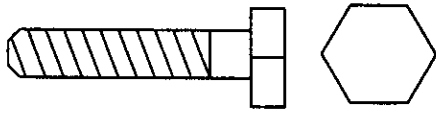
Small Bumper (91)–2



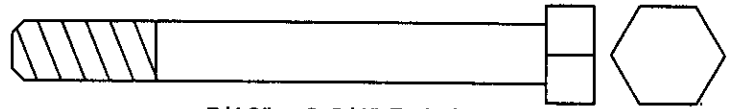
3/8" Nylon Jam Nut (41)–5



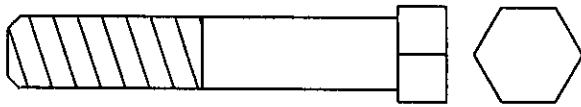
1/4" x 3/4" Screw (47)-2



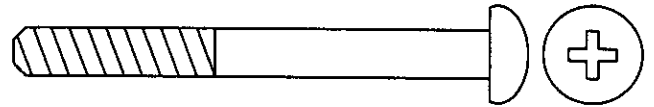
1/4" x 1 1/4" Bolt (49)-3



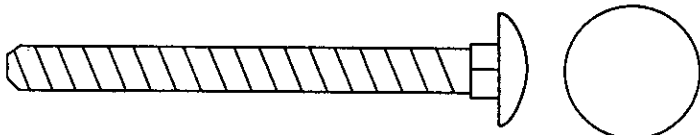
5/16" x 2 3/4" Bolt (78)-1



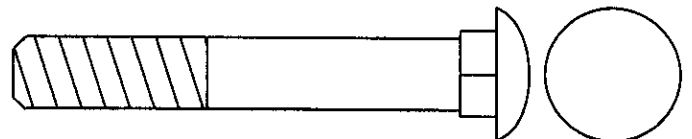
3/8" x 2" Bolt (87)-1



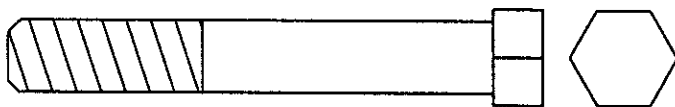
1/4" x 2 1/2" Screw (32)-1



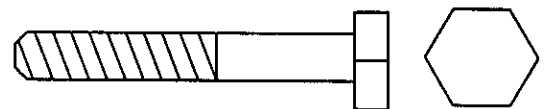
1/4" x 2 1/2" Carriage Bolt (46)-1



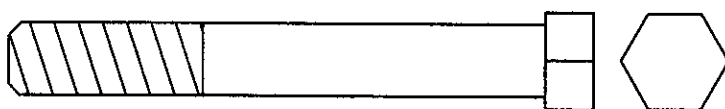
3/8" x 2 1/2" Carriage Bolt (70)-4



3/8" x 2 1/2" Bolt (44)-4

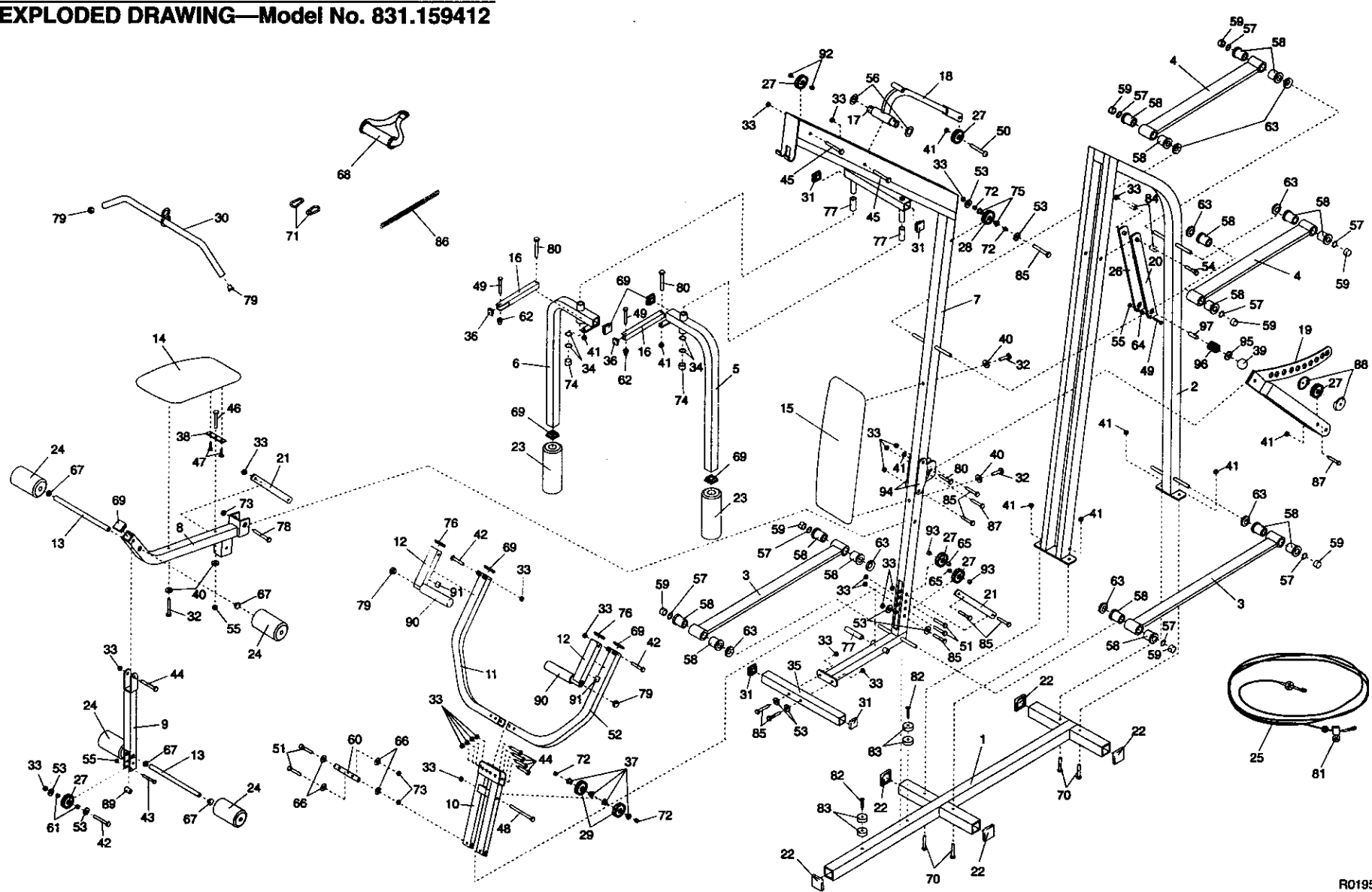


1/4" x 1 3/4" Bolt (43)-1



3/8" x 2 3/4" Bolt (85)-3

EXPLODED DRAWING—Model No. 831.159412



R0195B

PART LIST—Model No. 831.159412

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	120574	1	Base	54	013485	1	3/8" x 4 1/2" Bolt
2	120575	1	Rear Upright	55	121576	3	1/4" Nylon Jam Nut
3	121466	2	Long Riser	56	102603	2	5/8" Retainer
4	121467	2	Short Riser	57	101578	8	3/4" Retainer
5	121468	1	Left Butterfly Arm	58	120810	16	1 1/2" Round Bushing
6	121469	1	Right Butterfly Arm	59	120788	8	3/4" Retainer Cap
7	120580	1	Front Upright	60	120793	1	Pivot Tube
8	120581	1	Seat Frame	61	120794	2	1/2" x 1/4" Spacer
9	120582	1	Leg Lever	62	120806	2	1/4" Acorn Nut
10	120583	1	Moment Arm	63	123714	8	Weld Cover
11	121470	1	Right Press Arm	64	123776	1	3/4" x 1/2" Spacer
12	121471	2	Press Arm Handle	65	120791	2	5/8" x 3/8" Spacer
13	120586	2	Pad Tube	66	014073	4	5/16" Flat Washer
14	120587	1	Seat	67	115366	4	3/4" Round Inner Cap
15	120588	1	Backrest	68	115177	1	Nylon Strap
16	120589	2	Link Tube	69	113666	7	1 3/4" x 1 3/4" Inner Cap
17	121472	1	Link Tube Axle	70	112003	4	3/8" x 2 1/2" Carriage Bolt
18	120591	1	Pivot Arm	71	103087	2	Cable Clip
19	120592	1	Selector Plate	72	120790	4	1/2" x 1/2" Spacer
20	120593	1	Left Selector Half	73	012056	3	5/16" Nylon Locknut
21	120594	2	Seat Brace	74	120808	2	1" Retainer Cap
22	120822	5	2" x 2" Outer Cap	75	120819	2	Thick 3/8" Flanged Bushing
23	120596	2	10" Pad	76	120820	2	1" x 1 1/2" Inner Cap
24	120597	4	6" Pad	77	120821	3	1" x 2.3" Plastic Bushing
25	123383	1	Cable	78	119377	1	5/16" x 2 3/4" Bolt
26	120599	1	Right Selector Half	79	120733	4	1" Round Inner Cap
27	115370	6	3 1/2" Pulley	80	121380	3	3/8" x 1 1/2" Carriage Bolt
28	120601	1	"V" Pulley	81	103025	1	Adjustment Screw
29	121838	2	3" Pulley	82	013300	2	#8 x 3/4" Self-Tapping Screw
30	120719	1	Lat Bar	83	121399	4	Rubber Bumper
31	120720	4	2" x 2" Inner Cap	84	121400	2	1/2" x 1 1/8" Bushing
32	116185	3	1/4" x 2 1/2" Screw	85	114009	8	3/8" x 2 3/4" Bolt
33	012149	23	3/8" Nylon Locknut	86	116869	1	Chain
34	108778	4	1" Retainer	87	013601	2	3/8" x 2" Bolt
35	120732	1	Footrest	88	120678	2	Pulley Cover
36	120696	2	1" x 1" Inner Cap	89	019204	1	1/2" x 1" Sleeve
37	121889	4	Thin 3/8" Flanged Bushing	90	120602	2	Grip
38	120735	1	Seat Bracket	91	019173	2	Small Bumper
39	121569	1	Knob	92	122804	2	1/2" x 5/8" Spacer
40	014063	4	1/4" Flat Washer	93	120792	2	5/8" x 5/8" Spacer
41	119425	9	3/8" Nylon Jam Nut	94	123320	2	Pivot Plate
42	013578	3	3/8" x 2 1/4" Bolt	95	121177	1	3/4" Spacer
43	116888	1	1/4" x 1 3/4" Bolt	96	121174	1	Spring
44	013581	5	3/8" x 2 1/2" Bolt	97	121175	1	Knob Pin
45	112001	2	3/8" x 3" Bolt	#	123329	1	User's Manual
46	121422	1	1/4" x 2 1/2" Carriage Bolt	#	123763	1	Exercise Guide
47	121125	2	1/4" x 3/4" Screw	#	104838	2	Grease
48	115260	1	3/8" x 6 1/2" Bolt				
49	123713	3	1/4" x 1 1/4" Bolt				
50	013365	1	3/8" x 1 1/2" Button-Head Bolt				
51	121421	4	5/16" x 2 1/4" Bolt				
52	121473	1	Left Press Arm				
53	014132	8	3/8" Flat Washer				

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the USER'S MANUAL for information about ordering replacement parts.

HOW TO ORDER REPLACEMENT PARTS

Each BODYLIFT has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for your BODYLIFT.

All parts listed herein can be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES. If parts you need are not stocked locally, your order will be transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

- The MODEL NUMBER of the product (831.159412).
- The NAME of the product (PROFORM® BODYLIFT Body Weight Resistance System).
- The PART NUMBER of the part(s) (see the PART LIST/EXPLODED DRAWING accompanying this user's manual).
- The DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING accompanying this user's manual).

Your BODYLIFT has added value when you consider that SEARS has service units nationwide, staffed with SEARS trained technicians specifically trained on SEARS products, having the parts, tools and equipment to ensure that we meet our pledge to you: "We service what we sell."

Should you ever need repair service or parts, call toll free: 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the User's Manual are followed, SEARS will, free of charge, repair or replace and install a replacement part for any defective part, when the BODYLIFT is used in a normal manner.

This warranty does not apply when the BODYLIFT is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY CONTACTING YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**SEARS, ROEBUCK AND CO., DEPT. 817WA,
HOFFMAN ESTATES, IL 60179**